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1933

# PAPAYA

THE HEALTH FRUIT  
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U. S. Department of Agriculture.

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A year old Papaya in fruit.

TROPICAL NURSERY CO.

BROWNSVILLE, TEXAS

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## WHAT A GREAT HEALTH SPECIALIST SAYS OF THE PAPAYA

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**Dr.** John Harvey Kellogg, who conducts experimental work in foods for the Battle Creek Sanitarium, recently said of the Papaya:

“Within the next ten years the Papaya will win its way into public favor and take its place in all the great markets of the world.

“The fruit contains half as much of Vitamin A as butter, and also contains Vitamins B, C and D, all of which are most essential to good nutrition.

“Its introduction throughout the country will have much to do with lowering the death rate.

“I believe the papaya may render special service to young children suffering from deficiency in vitamins.

“A diet consisting of meats and cereals is decidedly lacking in the elements promoting growth and development. Free use of papayas by children undoubtedly would result in an increase in stature of children in the next generation and a notable increase in the number of persons living to be 100 years of age.”





# Papayas



## SOME OF THEIR MANY USES



### PAPAYA COCKTAIL

Cut Papaya in dice and serve in glasses with cocktail sauce and chipped ice. Or serve with orange, lemon or lime juice, and little sugar in same manner.

### PAPAYA SALAD NO. 1

On a strip of peeled Papaya, lay small bits of pomelo and orange. Serve with mayonnaise on separate plates, and garnish each with one or two nasturtiums and leaves.

### PAPAYA SALAD NO. 2

Cut Papaya in cubes and add eight small onions and five pieces of green celery chopped fine. Serve with boiled dressing.

### PAPAYA WHIP

To 1½ cups Papaya pulp, add juice of 1 lemon, ½ cup sugar, and beat into 2 stiffly whipped whites of eggs.

## PAPAYA PICKLE

Make syrup of 1 measure sugar and  $\frac{1}{2}$  measure vinegar. Add a few whole cloves and peppercorns and 2 measures of half-ripe Papaya cut into small pieces. Boil until tender.

## ORANGE AND PAPAYA MARMALADE

To 1 measure Papaya, allow  $\frac{1}{2}$  measure oranges. Wash oranges well. Squeeze out seeds and juice. Put skins through a meat chopper and add to the juice, strained free from seeds. Add Papaya pulp cut in small pieces (without rind) and boil all together; then add as much sugar as pulp. Boil again for 15 or 20 minutes.

## PAPAYA-FLAVORED GELATIN

### DESSERT

$\frac{1}{2}$ box gelatin	1 cup boiling water
$\frac{1}{2}$ cup cold water	1 cup Papaya pulp
Juice 1 lemon	$\frac{1}{2}$ cup sugar

Soak gelatin in cold water five minutes. Dissolve the sugar in the boiling water; add the gelatin and strain. When cool, add the Papaya and lemon juice. Place on ice to harden.

## PAPAYA AND GINGER

Make a syrup of 1 measure sugar,  $\frac{1}{2}$  measure water, some finely sliced dried ginger, and a few slices of lemon. Add 2 measures half-ripe Papaya sliced lengthwise, which has been previously simmered in water until clear but not broken.

## PAPAYA PIE

2 eggs	1 cup sugar
1 cup Papaya pulp	juice $\frac{1}{2}$ lemon
$\frac{1}{2}$ cup butter	

Make a bottom pie crust and bake. Cream butter and sugar. Add beaten eggs, lemon juice and Papaya. Pour into pie crust and bake. Make a meringue of whites of eggs and 2 tablespoonsful sugar. Place on pie and brown in oven.

## PAPAYA SHERBET

Mix 4 cups Papaya pulp with 2 cups sugar and juice of 2 lemons and freeze.

## STEWED PAPAYA NO. 1

2 cups diced Papaya	$\frac{1}{4}$ cup water
$\frac{1}{2}$ cup sugar	Juice of 2 lemons

Cut Papaya in dice and stew with sugar, water, and lemon juice  $\frac{1}{2}$  hour. Serve in sherbet glasses as a first course for luncheon or a dessert. Can use 4 oranges in place of lemons.

## STEWED PAPAYA NO. 2

Cook in the same manner as No. 1, with  $\frac{1}{4}$  cup sugar and only enough water to keep from burning. Serve as vegetable.

## BAKED PAPAYA

Cut Papaya in halves lengthwise. Add a little sugar and orange, lime or lemon juice, or a little cinnamon in place of the juice. Bake 20 minutes and serve immediately on taking from the oven. This is a vegetable.





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# THE STILWELL HARD-SHELL PAPAYA. NOW AVAILABLE TO ALL

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Unquestionably one of the big money crops of the country soon will be the papaya, and the hard shell papaya developed by me in the variety which should be grown.

This papaya has a fine flavor, good color and texture, and most important of all, it can be shipped long distances. It is very firm even after it begins to turn yellow, and has been successfully shipped without refrigeration to New York and other distant places.

Because of the small investment, the rapid growth and fruiting, usually within a year, the ease of replacement, and the fact of its great health value the papaya is sure to prove a favorite in the future in all parts of the United States where it can be grown.

If it is properly protected it can be grown in many sections.

Send in your order today for Stilwell Hard-shell papayas.

## TROPICAL NURSERY CO.

H. G. Stilwell, Sr.

Route No. 2

BROWNSVILLE, TEXAS

(Prices on last page)



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## THE CULTURE AND CARE OF PAPAYAS

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Papaya seed should be planted about 15 in the hill, in rows 10 feet apart, and 6 to 8 feet apart in the rows.

The seed germinate and sprout in two or three weeks. When the papaya plants are about two inches high they should be thinned to three in the hill.

When the plants bloom, in about three months, the males which can be distinguished by 10 or 15 blooms in each cluster, as against only one or two of the female, should be thinned out to about one male plant to every fifty females.

During the winter the plants should be banked with earth to a height of ten inches, to protect them from the cold. They will sprout out in the spring again if frozen down to the ground.

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### —Prices—

Fruit per bushel F O B Brownsville ---\$2.50

Plants and seed on application.